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SASKATOON metro®

Monday, July 9, 2012

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Riders' defence proves potent

CFL action. Home team's defence runs wild in 17-1 win over Edmonton Eskimos

Chris Milo's first-quarter field goal provided the game-winning points and the Saskatchewan Roughriders registered six quarterback sacks in a 17-1 win over the visiting Edmonton Eskimos in CFL action Sunday.

The win was the Roughriders' first over a West Division opponent since November 2010. Saskatchewan (2-0) was 0-10 against divisional opponents last year.

After riding a player-of-the-week performance from quarterback Darian Durant to victory in Week 1, the Riders got it done Sunday with defence.

Edmonton (1-1) was limited to one first down in the first quarter as starting QB Steven Jyles struggled to find his receivers.

Milo was 2-for-3 on field goals, hitting a 32-yarder in the first quarter, missing from 46 in the third, and connecting from 17 in the fourth to cap the scoring. He also added a pair of 56-yard punt singles. Edmonton's lone point came off a 62-yard punt single from Burke Dales on the first series of the second quarter.

Durant's effectiveness was limited early, with eight of Saskatchewan's first nine possessions ending in punts. Last week's Offensive Player of the Week warmed up as the game went on, though, going 20-for-32 for 203 yards.

The spark the Riders' offence was waiting for came with less than three minutes to play when Kory Sheets found open field down the sideline and ran 34 yards for the game's first touchdown.

THE CANADIAN PRESS

Edmonton Eskimos slotback Adarius Bowman is tackled by Saskatchewan Roughriders defensive back Terrell Maze during first-quarter CFL football action in Regina on Sunday. LIAM RICHARDS/THE CANADIAN PRESS

Weighing the risks

After surviving a kidnapping in Kenya, a Toronto aid worker says he'll re-evaluate whether he wants to continue taking that kind of risk PAGE 4

The Taxman's tipping point

A Canada Revenue Agency pilot project targeting 145 Ontario servers finds a total of $1.7 million in unreported tips PAGE 6

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NEWS

On the web

Hair-raising heist

Three thieves battered through a wall and dodged motion detectors to break into a Chicago beauty-supply store to steal $230,000 worth of human-hair extensions. Read more about the heist at metronews.ca.

Disney icons take to the stage in North Korea

North Korean dictator Kim Jong Un, the son and successor of the infamous Kim Jong Il, hosted an elaborate stage performance featuring Mickey Mouse, Winnie the Pooh and Tigger, just to name a few. For the record, the Walt Disney Co. did not authorize the performance. Read more about this bizarre event at metronews.ca.

Mobile news

A man from Massachusetts has paid off his 35-year mortgage in true penny-pinching style: By making his final payment entirely with pennies — about 62,000 to be exact, weighing about 360 kilograms. Scan the code to learn more about this master copper-roller.

Valkyries running back Haley Erbach tries to avoid a hit from Regina Riot player Shelby Moran on Sunday afternoon at Griffiths Stadium. MORGAN MODJESKI/METRO

Provincial rivals battle for conference title

Prairie Conference. Saskatoon Valkyries come out on top despite a strong second half by Regina Riot

MORGAN MODJESKI
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Despite sweltering heat, the Saskatoon Valkyries managed to beat their provincial rivals, the Regina Riot, 35-21 in the final game of the Prairie Conference's regular season.

Even though the Valkyries managed to come out on top, the Riot came back strong in the second half of the game.

"They played us hard all game. The first quarter was real hard, it was back and forth, so it was a little nervous for us and they finished real hard, too," said Jeff Yausie, Valkyries head coach. "So it's funny how those momentum swings happen in football, but you have to be able ride those out."

Head coach of the Regina Riot, Jon Baxter said even though he was pleased with the end result — it was his team's inability to complete passes that led to the loss.

"That's the closest score we've had with them yet," said Baxter. "We just had no consistency as far as the receiving core went.... If we could have caught some balls it would have been different."

The Valkyries will take on the Lethbridge Steel on July 14 at Griffiths Stadium at 7 p.m. for the Western Women's Canadian Football League Championship.

For more local news visit metronews.ca

Hope's Home is changing the game

Jacqueline Tisher founded Hope's Home in Regina seven years ago to offer medically fragile children daycare. JEFF MACKEY/METRO

Jacqueline Tisher, founder and executive director of Hope's Home, was awarded a $1,000 donation at last night's Riders game as part of the Scotiabank Game Changer program.

Tisher was a nurse for 13 years before founding Hope's Home to offer medically fragile children and their families daycare services.

"I took a leave (from nursing) to help one little guy and his sister so that their parents could go back to work and I thought I would be off maybe for a year," said Tisher. "I had no idea the need and the gap in the community."

Seven years later Hope's Home has two locations in Regina, and a third is in the works. According to Tisher there is no other program like Hope's Home in Canada and other cities and provinces are eager to start up Hope's Homes of their own.

Along with the $1,000 from the Riders' Game Changer award, Tisher has a chance of becoming selected as a $100,000 Game Changer finalist at this year's Grey Cup. JEFF MACKEY/METRO

Tourism Saskatchewan Act

Government's move on tourism causes concern

Members of the tourism industry are expressing frustration at the recent government changes to Tourism Saskatchewan, an organization that promotes the province as a tourist destination across Canada and internationally.

On July 1, the government enacted the Tourism Saskatchewan Act, transforming the public/private, member-driven organization into a Crown corporation. Also on that day, all but two members of the board of directors of Tourism Saskatchewan were replaced.

Gord Vaadeland, the third-generation owner of Sturgeon River Ranch, said that members of the industry were blindsided by the changes. "Quite a lot of us were surprised," said Vaadeland. "We are still in the dark."

Tim McMillan, minister responsible for tourism, told Metro that the changes, which include folding Tourism Sask into the Ministry of the Economy, will ensure a more consistent message. McMillan said that the autonomy of the organization will be ensured by the board. But recent changes also include how the board is selected — the government now appoints all members.

Vaadeland is concerned about the now-appointed board, and the "consistent messaging" across the Ministry of the Economy.

He worries that his ranch, an eco-tourist destination that promotes conservation, will be forced to use the same "consistent messaging" as Enterprise Saskatchewan, a government division also under the Ministry of the Economy that promotes the oil and gas industry.

"It would be fairly devastating for our business," said Vaadeland.

CARRIE-MAY SIGGINS/METRO

Tourism review

- Tim McMillan cited recommendations made in the Tourism System Review, a 2009 report on the state of the Saskatchewan tourism industry, as a key reason for the changes.
- But the same report recommends that Tourism Saskatchewan not become a Crown corporation. It says the organization should keep its former structure "as a private arm's length organization rather than as government or a crown agency."

WakeRide wraps up best year yet

Changing demographic. Organizers say event is becoming more family oriented as it grows

MORGAN MODJESKI
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As WakeRide wrapped up Sunday, organizers say 2012 was the most successful year in the event's history.

"We've got 250 volunteers here and 12 people on the committee, so it's a big team," said director and co-founder Mark Teal. "We'll be close to probably 6,000 to 7,000 people throughout the whole weekend, and that doesn't include the kid zone."

According to Teal, attendance has doubled since the event started, and as it grows it's also attracting a different crowd than it did in 2009.

"There are so many kids and families down here," said Teal. "It's just such a positive experience, and we're really trying to make sure that message gets out, that this isn't just about a party — it's about a community."

Teal said he hopes the event continues to grow as all proceeds go towards helping inner-city youth in Saskatoon.

A participant of WakeRide 2012 catches some air on Saturday. Organizers say this was the event's most successful year. MORGAN MODJESKI/METRO

Quoted

"We'll be close to probably 6,000 to 7,000 people throughout the whole weekend and that doesn't include the kid zone."

WakeRide director and co-founder Mark Teal

Pets big and small come out to raise money

Atticus and an unnamed pup from the Prairie Pooches Rescue Inc. go for a walk with Kristen Mathieson at Pets in the Park 2012 on Sunday. The event raises funds to provide care for sick, injured, neo-natal and homeless animals from Saskatoon. MORGAN MODJESKI/METRO

Two incidents

Weekend fires cause $2.1M in damage

Fire and Protective Services were busy over the weekend as crews dealt with blazes on Saturday and Sunday.

At roughly 4 p.m. Saturday, they responded to reports of a house fire at 201 Birch Cres. Upon arrival, they found a back corner of the house fully on fire. Meanwhile, the exterior siding and the eaves of the house next door were also ablaze. Residents were not home at the time the fire started. Damage was an estimated $600,000.

Fire and Protective Services responded to a second fire at 12:30 a.m. Sunday at 112 Avenue E North. Three engine companies and a ladder truck arrived to find flames visible through the roof at the northeast end of the building. An additional ladder truck was dispatched from Fire Hall 8 to assist.

Due to the extent of the fire, no crews entered the structure. The fire was brought under control within an hour. Damage is estimated at $1.5 million.

METRO

Rescued aid worker. Kidnapped Canadian to consider his future

A Canadian aid worker who was kidnapped in Kenya says he's taking some time off to think about the future.

Steven Dennis, 37, was one of four workers who was kidnapped June 29 and rescued in Somalia just days later.

The Toronto man told a news conference today he's grateful for the rescue effort.

Dennis says kidnappings are one of the risks of aid work and he will re-evaluate whether he wants to continue taking that kind of risk. He's taking a few months off and not making any plans.

The four workers were rescued last Monday after three days in Somalia, when authorities swooped down on the group, killing one kidnapper.

Also kidnapped and rescued were, Qurat-Ul-Ain Sadazai, 38, of Gatineau, Que., Astrid Sehl, 33, of Norway, and Glenn Costes, 40, a Filipino, who was shot and injured during the initial kidnapping.

THE CANADIAN PRESS

Steven Dennis arrives by Kenyan military helicopter in Nairobi, Kenya, July 2.
KHALIL SENOSI/THE ASSOCIATED PRESS

Development aid. Donors from 70 countries pledge $16 billion for Afghanistan

Canada and other major donors sought to assure Afghanistan that development aid will not dry up when foreign troops leave the country by pledging billions of dollars through 2015, on the condition the money is not squandered through corruption or mismanagement.

Weariness after more than a decade of fighting, and exasperation over the inability or unwillingness of President Hamid Karzai's government to tackle rampant corruption and graft, have weighed on the international community's resolve to keep supporting Afghanistan.

The landlocked Central Asian country is highly dependent on foreign aid, and there is concern Afghanistan could descend into chaos if the government cannot support itself after most NATO troops withdraw in 2014.

Donors from around 70 countries and organizations pledged $16 billion in development aid for Afghanistan on Sunday at a one-day conference in Tokyo.

Canada will contribute an extra $227 million in development aid between 2014 and 2017, with the money aimed at empowering women and girls in the areas of education, human rights and humanitarian assistance.

The money is in addition to the initial commitment of $300 million that Canada promised between 2011 and 2014.

Conservative MP Chris Alexander, the parliamentary secretary for national defence, attended the Tokyo conference and said Canada and other donors will keep a close eye on how the money is spent.

THE CANADIAN PRESS

Quoted

"It's very clear what areas the international community is requiring the Afghan government to take action on."

Conservative MP Chris Alexander

Pakistan

Islamists protest shipments

Thousands of hardline Islamists streamed toward Pakistan's capital Islamabad in a massive convoy of vehicles Sunday to protest the government's decision to allow the U.S. and other NATO countries to resume shipping troop supplies through the country to Afghanistan.

THE ASSOCIATED PRESS

Egypt

'Emergency' meeting held

Egypt's official news agency says the country's top generals are holding an "emergency meeting" to discuss the decision by the president to recall the dissolved parliament. The then-ruling generals ordered the legislature dissolved following a ruling by Egypt's highest court. THE ASSOCIATED PRESS

A local resident stands at a flooded house in Krymsk, about 1,200 kilometres south of Moscow, Sunday. IGNAT KOZLOV/THE ASSOCIATED PRESS

Floods devastate southwest Russia

Black Sea region. Torrential rains drop up to a foot of water in hard-hit town of Krymsk, killing at least 171

Russia's president moved quickly to address anger over the deaths of at least 171 people in severe flooding in the Black Sea region that turned streets into swirling muddy rivers and inundated thousands of homes as many residents were sleeping.

Vladimir Putin, who was criticized in past years for a delayed or seemingly indifferent response to disasters, flew to the region in southern Russia committed to showing he was taking charge of the situation.

He ordered the head of Russia's investigative agency to establish whether enough had been done to warn people about the floods. Federal prosecutors also said they were investigating whether the population had been properly protected from "natural and technological catastrophes."

Russia has seen a series of natural and man-made disasters in recent years, many of them blamed on aging infrastructure or lax safety rules.

Torrential rains dropped up to a foot of water in less than 24 hours, which the state meteorological service said was five times the monthly average. The water rushed into the hard-hit town of Krymsk early Saturday with such speed and volume that residents said they suspected that water had been intentionally released from a reservoir in the mountains above. Local officials denied this, saying it was not technically possible to open the sluices.

Federal investigators, however, acknowledged Sunday that water had been released naturally from the reservoir, but they insisted it did not cause the flooding and the dam had not been breached. They said the problem was the heavy and sudden rainfall.

Krymsk received a total of about 221 millimetres of rain overnight, but 50 millimetres of that came in less than an hour late Friday, the meteorological service said.

Many residents remained unconvinced, however. During an outdoor meeting with the regional governor, who tried to persuade them that the reservoir was not the source of the flooding, residents shouted that they did not believe him and repeatedly interrupted him. The governor then agreed to allow five citizens and a journalist to fly over the dam in a helicopter.

Putin had already sent his emergencies minister on an inspection mission, a further indication of the concern over the condition of the reservoir. Vladimir Puchkov later reported that he had flown over the dam and seen no evidence of any damage.

THE ASSOCIATED PRESS

Quoted

"I came out and the water was already up to my waist."

Krymsk resident Viktor Nikolyuchiny
Nikolyuchiny said he and his wife were roused by their daughter, who lives a block away.

A woman carries her baby past a washed-away bridge in Deeghal Ati village, Sunday.
ANUPAM NATH/THE ASSOCIATED PRESS

Monsoon floods ravage northeastern Indian region

The death toll has risen to 121 as damage mounts from monsoon floods that devastated the northeastern Indian state of Assam.

Villagers are still finding bodies in receding waters. On Sunday the death toll stood at 121, including 16 buried in mudslides.

About half of the 2.2 million people who were displaced remain in makeshift shelters or with relatives or friends. The central government has offered $90 million in aid to the agricultural state, where at least 254,000 hectares (627,600 acres) of rice fields and other crops have been affected.

The floods also killed 559 animals in the Kaziranga game reserve, including more than 400 hog deer and 14 of its 2,300 endangered one-horned rhinos. State environment minister Rokybul Hussain called it a catastrophe.

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Taxman's pilot project exposes unreported tips

Canada Revenue Agency. Auditing blitz in St. Catharines, Ont., finds 'surprising amount' of unreported income by wait staff

A blitz by Canada Revenue Agency auditors on an unfortunate group of waiters and waitresses in one Ontario community has exposed "very surprising" amounts of unreported tips and gratuities.

The pilot project targeted 145 servers working in just four restaurants in St. Catharines.

Auditors reviewed two years' worth of income and found that every individual had hidden some portion of their tips from the taxman, with about half reporting no tips whatsoever.

In the end, the blitz flushed out $1.7 million in unreported tips and gratuities — almost $12,000 for each person.

"Our results indicate that tips are more likely to be 100 per cent to 200 per cent of ... wages. In essence, they are only reporting five per cent to 10 per cent of earned tips/gratuities," says an internal report on the project.

The auditors conclude: "The amount of unreported income was very surprising."

The Canadian Press obtained a heavily censored copy of the 2010 report under the Access to Information Act, after an 18-month delay by the Canada Revenue Agency that violated legislated deadlines.

The St. Catharines blitz was among dozens of pilot projects across the country that targeted the underground economy, estimated to be worth as much as $36 billion in 2008, according to a Statistics Canada study prepared for the revenue agency.

The other projects, which also reported in 2010, focused on the trucking industry, house-flipping, electronic sales suppression or cash-register zapping — even Quebec's maple-syrup industry.

The tax agency has long known that the hospitality industry is rife with tax-reporting abuse, partly because tipping is often done using cash.

THE CANADIAN PRESS

Underground economy

The Statistics Canada study, using macro-economics rather than direct measurements, estimated undeclared tips were worth some $1.3 billion in 2008 — a small fraction of the underground economy.

- A spokeswoman for the Canada Revenue Agency said officials are still reviewing the pilot project before deciding next steps.

The fabric of China's fortune

A worker lays out fabric at a furniture manufacturing factory in Zhanjiang, China. The city in Guangdong province, the heart of China's export-driven manufacturing industries, reflects the conflict between the Communist Party's need for a robust private sector and its determination to build up state-owned companies. The backbone of the local economy is private factories that employ thousands of people making furniture and traditional Chinese medicines or processing seafood. ANDY WONG/THE ASSOCIATED PRESS FILE

Tax overpayment

AIG sues U.S. feds for $30.2 million

American International Group, the insurance giant saved by a massive federal bailout, wants some tax money back — from 1991.

AIG is suing in Federal Claims Court in Washington for $30.2 million US. It says that's how much interest is owed from an overpayment 21 years ago.

AIG said it underpaid taxes from 1997 to 1999. But it said the government owes the company interest for an overpayment in 1991. THE ASSOCIATED PRESS

Retail

Target Canada gets go-ahead

Ottawa has approved Target's plan to enter the Canadian market.

The U.S. retailer's plan to open stores in Canada was reviewed under the Investment Canada Act to ensure the store's shelves will have enough homegrown content. The company has committed to sell uniquely Canadian cultural products in its Canadian stores.

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SASKATOON'S CALL ON ADULT SERVICES COULD SET PROVINCEWIDE PRECEDENT

JANE CAULFIELD
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Let's clear something up before we begin: The debate taking place in Saskatoon city council over rezoning adult services is not about the city launching a red-light district. It's about defining, rezoning and creating a bylaw so that legitimate and legal businesses that are classified as providing adult services can be better regulated. Also notable is the fact that decisions made in Saskatoon could set the pace for the rest of the province.

OK, now on to the real issue at hand.

Part of the new bylaw stipulates that these businesses must be 160 metres away from any parks, schools and residential properties. It's a way of ensuring they are, as planning and development branch manager Alan Wallace said to council, "out of eyeshot entirely." It is, essentially, an issue of public safety.

However, when it comes to any kind of work in the sex trade, including adult services, we also have to understand that this kind of bylaw development is not just about public safety — it's also an issue of safety for those who work in the industry.

Any kind of work in a sex trade, legal or otherwise, carries with it a high risk of assault and violent crime.

Saskatoon police chief Clive Weighill told city council in June that the bylaw is more than just about regulating how and where these businesses can function. He also called it preventative. He suggested the bylaw enables members of the SPS to help people get out of the industry through collaborations with appropriate social services.

So what are those social services?

Currently, Operation Help, which is run out of EGADZ in Saskatoon, is the only social service that is specifically aimed at the province's sex-trade workers but not at a specific age group. At least, it's the only one I could find in the course of extensive research.

If this new bylaw is seeking to get more people out of their unsafe, violent and often unchosen profession, then EGADZ could see a sudden influx of people in need — and could be left without enough resources to help.

Saskatchewan could find itself unprepared to provide the appropriate assistance and safety for individuals working in the sex trade.

Many Canadian cities offer outreach programs that work at dismantling the pervasive attitude that sex workers aren't worthy of some basic rights. This work includes providing a safe way for sex workers to report assaults and other violent acts they're subjected to while out on the job.

By publicly acknowledging that adult services do exist within civic boundaries, Saskatoon is leading the pack in a province that hasn't ever done so. But will we be able to lead the pack again and help outreach programs do their job?

Weren't you ever told ...

STÉPHANIE KILGAST/PETITPLAT.FR

... not to play with your food?

Diminutive dinner

Micro meals make for masterful art

These delicious-looking platters look like tasty tiny treats, but, in truth, it's for your eyes only: They're made of clay. Stéphanie Kilgast, a 26-year-old French artisan from Vannes, Brittany, in northwestern France, has been making minuscule works of "food" since her childhood. Metro chatted with Kilgast about her appealing art.

METRO

Kilgast explains ...

- **How it's done.** "I sculpt using polymer clay and then bake the designs in the oven. The actual sculpting can be quick, but the composition can take some time. Very simple dishes can be done between 30 minutes and two hours."
- **It looks so life-like.** "I'm obsessed about the quality. I will rework certain items over and over again until I'm happy. I always work with pictures of real food and sometimes the real food just beside me."
- **Biggest problem.** "I get hungry! That can be problematic."
- **How it started.** "When I was a child, I did miniature food for my dolls, and have always been into arts and crafts. Later, when I was still studying architecture, I was supposed to work for the summer, but didn't find a job, so I went to my parents for seven weeks. After two days, I got bored and searched the web to find a new craft. I stumbled upon miniature food, and that intrigued me again. I started a few hours later, and never have stopped since then."

Tasty number

2

centimetres is the typical size of one miniature food dish. That's roughly the size of a regular postage stamp. Kilgast is currently working on a tutorial book on how to cook up some appetizing-looking "food."

Slipping on the bars

Olympic gymnasts in a sticky situation

As the U.S. men head off to their final training camp before the London Olympics this week, several gymnasts will be toting plastic bears filled with honey. Or bottles of Karo syrup.

Really. And, no, it's not for breakfast.

Some of the equipment can be as slick as ice, and gymnasts have had to get creative in order to keep a grip on things.

"You start slipping off the parallel bars and you're like, 'How do I hold onto this?'" said Jonathan Horton, a two-time medallist in Beijing.

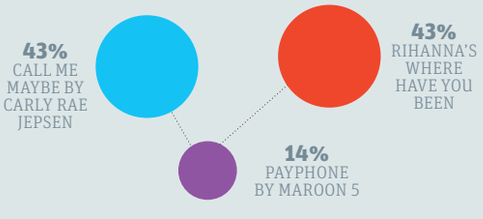
For most, honey does the trick. Others use syrup. Whatever the sticky substance, they rub it on their hands, run their hands along the bars and then cover both with a layer of chalk. (The women have a similar routine on uneven bars, though most just spray water on them and then dust them with chalk.)

THE ASSOCIATED PRESS

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

What's 2012's song of the summer?



Twitter

@miss_tanis: Had so much fun at @Wakeride #YXE! @KNAAN's set had me dancing all night. Perfect night in a beautiful city!

@devinlussier: Well, hello for the first time to Saskatoon!! (@ Saskatoon John G. Diefenbaker International Airport (YXE)

@thekorneys: Yet another great day with our boys and gal pals from BC! Thanks #yxe for the this glorious weather!

@sailormoonjoey: Just completed my run, mad love the Nokia Run app, there's even Lance Armstrong's voice recording to congratulate me hahaha

@DavidMcQueen: Perserverance. Serena Williams wins her 5th wimbledon singles title, rests, then joins her sister to win the womens double. Legendary

metro

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SCENE

Box office

Spider-Man climbs to top of box office

Your new friendly neighbourhood Spider-Man has spun himself a $65 million opening weekend and $140 million in his first six days at U.S. theatres. Worldwide, The Amazing Spider-Man has climbed to $341.2 million. The movie started off as a smaller domestic moneymaker than the previous three Spidey films, but it laid to rest objections that it was too soon to relaunch the superhero franchise. The new origin story for the Marvel Comics web-slinger comes just five years after Tobey Maguire and Sam Raimi's Spider-Man 3. Oliver Stone's drug-war thriller Savages opened at No. 4 with a solid $16.2 million weekend. The concert film Katy Perry: Part of Me failed to pack in the pop star's fans, debuting far down the chart with just $7.2 million.

THE ASSOCIATED PRESS

On the web

Canadian filmmaker wins directing prize at Karlovy Vary film festival

Chris Klein plays Oz in the American Pie franchise. GETTY IMAGES

Chris Klein is one lucky guy when it comes to American Pie

No cringe-worthy scenes. While the rest of the cast has found their characters in some compromising scenes, Klein's Oz has escaped unscathed

Jim cosied up to pie, Michelle dropped her band-camp flute bomb, Finch romanced Stifler's mom, and Stifler had a whole host of sight gags.

But in the history of the American Pie comedy film franchise, fellow character Oz hasn't done anything terribly embarrassing, much to actor Chris Klein's relief.

"I kind of feel like in this franchise I dodge a bit of a bullet playing Oz, because he doesn't necessarily get himself into the real zany humour of the whole thing," Klein said in a recent telephone interview.

Still, Klein did have to learn a "ridiculous hip-hop dance routine" for American Reunion, which comes out on DVD, Blu-ray, and on demand on Tuesday. The scene involves Oz, the former high-school jock and choir member, going on a televised dance competition.

Klein said when directors Jon Hurwitz and Hayden Schlossberg pitched the idea to him over lunch, he laughed so hard people from other tables were staring at him.

"I really went for that in a very, very big way."

But not so big that he's brought those new moves to the dance clubs, he noted.

"Listen, I keep my dancing strictly for the comedy set lest I set myself up for massive amounts of mockery, because one thing I learned about hip-hop dancing is that a six-foot-tall, 205-pound man has no business doing hip hop, especially at 32," said Klein.

"Maybe at 22 I might've been able to pull it off, but hip hop is a young man's game and I will definitely sit on the sidelines when it's for real."

In American Reunion, all the characters from the hit original 1999 film come together for one wild weekend at their Michigan high school.

"To be a part of something that has transcended three generations of fans is such an incredible thing and I would definitely be stoked to do it again," said Klein.

THE CANADIAN PRESS

Reunion

The pie that binds them together

American Reunion is one of three sequels in the franchise after American Pie 2 and American Wedding. The franchise also has four spin-off films.

Chris Klein said he and his castmates from the original '99 film have remained "incredibly close" over the years and have a "very cohesive, incredibly unique relationship and bond based on these movies."

He wasn't in American Wedding, so this latest film marked the first time he got to work with the Pie crew in over a decade.

"These are men who I cannot see for however long and when we come back together, whether it be for a dinner that we had planned or whether it be for another movie in the American Pie franchise, we pick up right where we left off, like no time has passed at all," said Klein.

Comic-Con: The ultimate mecca for geeks

Football fans have the Super Bowl. Soccer enthusiasts have the World Cup. Cinephiles have the Academy Awards.

For pop-culture lovers —the self-professed geeks and nerds who delight in fantasy-inspired fun from anime to zombies — there is Comic-Con, the Olympic-sized celebration of movies, TV, video games, costumes and pop art that began as a humble comic-book convention 43 years ago and is now an annual marketing extravaganza.

From Thursday to Sunday, more than 100,000 pop-culture aficionados will flood the San Diego Convention Center in San Diego, Calif., showing off their Storm Trooper suits, playing yet-to-be-released video games and attending panels featuring A-list filmmakers like Peter Jackson and such hot TV shows as Game of Thrones.

But first comes Wednesday's "preview night." Available only to those who bought four-day passes to the sold-out convention, the showing is decidedly low tech, yet high end: it's all about collectible toys. On display will be special-issue, limited-edition playthings and books made just for the pop-culture fest.

These include not only the unique freebies that various booths are giving away, but also coveted collectibles.

THE ASSOCIATED PRESS

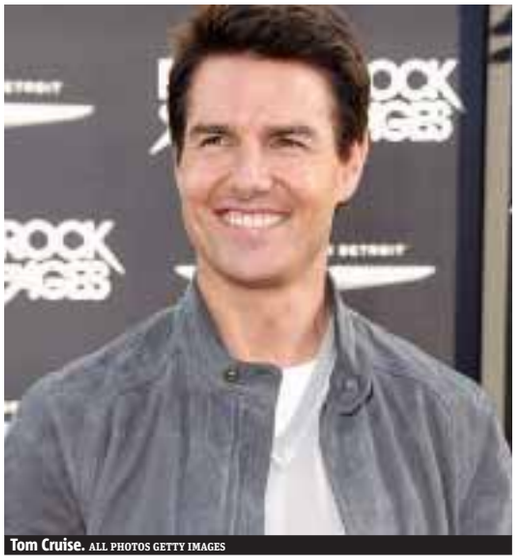
The best of Comic-Con might be on Wednesday's 'preview night' where four-day pass holders get first peek at the collectibles. THE ASSOCIATED PRESS

Who are the collectors?

Most toy collectors are men ages 25 to 40, though women are getting into the hobby in growing numbers, says Scott Neitlich, a marketing manager at Mattel. "It's not just about the physical price of the product, but the emotional connection each collector has about what figures they've decided to include," he says. "It's people who grew up in the '70s and '80s who now have disposable income to recapture their youth."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES



Tom Cruise. ALL PHOTOS GETTY IMAGES

Cruise lays low while speculation swirls around divorce case

While estranged wife Katie Holmes has been out and about in New York City since filing for divorce, Tom Cruise has been lying low.

"It's not Tom's style to do this publicly. He is really sad about what's happening," his lawyer, Bert Fields, tells BBC News. "We are letting 'the other side' play the media until they wear everyone out, and then we'll have something to say."

Cruise is expected to file his own divorce papers in response to Holmes' filing, in which she requested sole legal custody of their 6-year-old daughter, Suri.

"Tactically, we can't say where Tom will file a divorce case and if he'll be seeking joint custody of Suri," Fields says.

Katie Holmes

What do Katie, Nicole and Mimi have in common — besides Tom Cruise?

Some eagle-eyed gossip-watchers have noted that all of the actor's wives — Mimi Rogers, Nicole Kidman and now Katie Holmes — have called it quits with him at the age of 33.

Just an odd coincidence? Maybe not. In a recent survey conducted by British social-networking site Friends Reunited, 70 per cent of respondents over the age of 40 claimed they weren't truly happy until they turned 33.

"By this age innocence has been lost, but our sense of reality is mixed with a strong sense of hope, a 'can-do' spirit, and a healthy belief in our own talents and abilities," psychologist Donna Dawson says in the survey's findings.

The Word

Humphries stands alone

THE WORD
Monica Weymouth
Metro World News in New York

It seems everyone has had enough of Kris Humphries. After reports that his Kim Kardashian rebound, ex-girlfriend Myla Sinanaj, is pregnant, his publicist dropped him as a client.

"They went different ways because Kris was becoming too much to handle. These stories about him (dating) girls would pop up (in the press), and he'd deny it — then it would turn out to be true," a source tells Life & Style.

"Kris tries to put on this innocent, good-hearted image, but as you get to know him, it just doesn't turn out to be true."

Unfortunately, being a scheming drama queen won't get you fired from this page. Kris, buddy, we'll check in tomorrow.

Want to hang at home with Gwen Stefani?

After fellow celebs George Clooney and Sarah Jessica Parker invited the Obama campaign over for a party, Gwen Stefani is hosting a Family Fun Day at her home with Michelle Obama. For $1,000, a family of four can head over to enjoy some "child-friendly campaign fun" at her L.A. mansion on August 12.

Does this include playing dress up with her No Doubt wardrobe? If so, completely worth it — and dibs on that polka-dot Don't Speak dress.

Justin Bieber

Biebs blames his need for speed on pursuing paparazzi

Justin Bieber's need for speed got him in a bit of hot water late last week when he was pulled over and cited for going more than 100 miles per hour in his $102,000 Fisker Karma sports car on the 101 freeway through the San Fernando Valley, according to E! News.

But he apparently wasn't just out for a joy ride, as Bieber reportedly told California Highway Patrol officers that he was evading pursuing paparazzi.

Whether or not that's true, his driving clearly frightened other drivers, including L.A. City Councilman Dennis Zine. "It was a very dangerous, chaotic situation," Zine tells E! "When he passed me, he was … driving in a careless, reckless fashion."

Zine says that when he called 911, the operators informed him that they'd already received 10 calls about Bieber's speeding.

Ringo Starr

All Ringo wants for his 72nd birthday is some peace and love

The 1960s mop top is gone, but Ringo Starr is still flashing a peace sign. The former Beatle marked his 72nd birthday Saturday by holding a "peace and love" moment at noon. He asked people worldwide to do the same at 12 o'clock in their time zones. The idea came to him in 2008 when an interviewer asked him what he wanted for his birthday. Since then, he has held events each year. THE ASSOCIATED PRESS

Twitter

@RedHourBen
Watching Die Hard W/ a Vengeance on broadcast TV. "Yippy-ky-yay MY FRIEND" doesn't quite pack the same punch.

@MissKellyO
Really? The a-hole in front of me almost knocked me out putting her seat back Might get a black eye Im going 2 kick her seat all the way to LA

@Joan Rivers
I love performing on Cape Cod!!! It's the most popular tourist destination for gay men, if you don't count John Travolta's hotel room.

@ConanOBrien
Justin Bieber's new album is not selling as well as expected. Think how bad it would be doing if I hadn't bought 50,000 copies.

3 LIFE

Clean up

No Popsicle mess

Popsicles are great in the summer, but they can be super messy. Combat this by cutting a little slit in the middle of a cupcake liner and then slipping the Popsicle stick through the slit. The cup will catch all of the drips! KAREN HUMPHREY, YUMMYMUMMYCLUB.CA

Catching the drips is simple with a cupcake liner. ISTOCK

Iced coffee fix

Great to last sip

Does your iced coffee start out perfectly brewed but then rapidly become nothing but a glass of mostly water thanks to those pesky melting iced cubes?

Try making your ice out of coffee instead of water!

Brew your coffee, pour it into ice cube trays and freeze. When you pop the coffee cubes into your iced coffee, your drink will maintain its full strength as you sip away.

Keep plenty of coffee cubes on hand in your freezer to keep you going all summer long! JEN CHARRON, YUMMYMUMMYCLUB.CA

Avoid watered down ice coffee with coffee ice cubes. ISTOCK

It's DIY childrens' meals

Baby food. Making your little one's food doesn't have to be all that intimidating

SARAH DEVEAU
yummymummyclub.ca

Making your own baby food is quick, cost-effective and rewarding. All you need is a blender or food processor, a steamer basket and ice cube trays.

Pick up a few vegetables and fruits — broccoli, carrots, cauliflower, peas, sweet potatoes, apples, mango. Anything except citrus fruits will do.

Clean and peel the food, steam it in separate batches, and then puree it in a blender or food processor until it is smooth. Spoon the purees into ice cube trays, cover with plastic wrap and freeze. Once frozen, dump the cubes into labelled freezer bags. They'll keep for up to three months.

In less than two hours, you can make enough food for baby for a month.

To prepare food from frozen, remove the required cubes and thaw them overnight in a small container in the fridge. Initially, baby may only eat half a cube or less, but will soon move up to a cube or two or more of different foods.

Making your own baby food will trim between $10 to $15 a month off your food budget, or more as baby consumes more. Quality and taste are also among the reasons most parents give for making their own baby food. By making your own baby food, you'll have greater control over what your children eat, and their taste buds can be exposed to foods the rest of the family already enjoys.

You'll also make fewer trips to the grocery store, saving yourself the hassle of lugging home and then recycling all those little jars.

YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE TO HELP BUSY WOMEN SURVIVE MOTHERHOOD

Making baby food at home only requires a few tools. ISTOCK

Essential tips

- **Safety.** Practice safe food-handling procedures.
- **Brush.** Scrub fruits and veggies very well with a vegetable brush.
- **Mashing.** Soft fruits like bananas need only be mashed. Hard fruits should be cooked first.
- **Less is more.** Don't add salt and sugar.

Activities

Get their hands dirty

Summer is about memories and exploration. Mess can help to remove inhibition and allow kids to learn more about themselves.

Let them get messy!

Body painting with pudding
Pudding is edible (obviously!), which is both yummy and safer for young ones who get right into sensory activities with all their taste buds!

Mud pie madness
Whether it's splashing in an old-fashioned nature-generated mud puddle or self-creating one with water and dirt, mud is a joy of childhood that should not be missed. Dirt can be squished and built into structures like sand castles.

Finger painting foolin'
One of our favourite things to do is create massive murals with finger paint. Roll out long rolls of paper outside and tell your children to create a masterpiece. Look around the garden for natural inspiration and paint with a pinecone or stamp with a dandelion head — experiment. And, get messy!

MOMSTOWN

Battle the heat

Places to cool down the kids

It's summer in Canada — and it's hot! Here are some cool places to take hot kids:

1. The public library. It's cool and free. It also has a great kids section of books, colouring books and magazines. It even has reading time drop-ins.

2. Mall walking. Stroller walking a mall is great exercise (and it's air conditioned).

3. Play date. Have a buddy over to play. Break out the sprinkler, buckets of water or the baby pool.

4. Crafts in the cool basement.

5. Swim in the bathtub. Cool the hot kids off with a swim in the bathtub. It takes the chore of a bath and turns it into fun when you do it in the middle of the afternoon, while wearing a swimsuit!

And remember, whether you stay home or go out — drink lots of liquids (both you and the kids) to keep hydrated.
CAROLINE FERNANDEZ, YUMMYMUMMYCLUB.CA

On the Web

Early full-term babies may face later academic woes; more time in womb is better, study says

You're six tips away from better family photos

Your kiddos are finally not screaming.

You grab your camera and think, "I only get one shot. Once they hear that little 'click,' the calmness turns to chaos." You take a chance — click — chaos ensues.

Sadly though, your picture isn't quite how you imagined it. Maybe it is too dark or too bright or it's all fuzzy. Let's fix that.

Here are some tips and tricks to taking better pictures of your kiddos:

Always be prepared
Having your camera with you at all times (with totally charged batteries and empty memory cards) is key.

You never know when those "special moments" will happen!

One rule for most photographers is quantity then quality. Take lots and lots of pictures to ensure that you get one that is just right.

Make a date with your camera
Set aside some time to go over the manual and the camera together. Read and practice at the same time.

Knowing how your camera works always helps when you want to take a picture.

Find the light
Photography is all about lighting and finding the best light is key to getting amazing images.

For most photographs, you want soft lighting. To avoid shadows popping up in images, make sure that there are no bright sunbeams shining onto your subject.

When you are outdoors, find some open shade instead of direct sunlight. This will make a world of difference in your final images.

Take the time to focus
It is imperative that you take the time to focus on the image you want to capture.

On most cameras this means pushing the shutter button half-way and letting the camera do its thing.

Once you're happy, push the button the rest of the way down and wait until you hear the click.

When focusing for portraits, make sure that your focus point is placed on the subject's eye.

Think outside the box
Once you find the best light for the image you're looking to get, just get your subject in it and YOU do the moving around.

Get lots of different angles and don't be afraid to think outside the box. Sometimes an off-centre image is more intriguing than a straight-on one.

Variety is important
When you look back at your images you want to remember all the tiny details about your little one, you also won't want all your images to look the same.

Don't forget about babies' little feet and hands, tiny noses, and squishy lips!

NICOLE HERDMAN, YUMMYMUMMYCLUB.CA

Give the traditional burger a Mediterranean makeover

This recipe serves four and takes less than 30 minutes to make. RYAN SZULC, FROM ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

ROSE REISMAN
for more, visit
rosereisman.com

Giving Mediterranean flavour to a traditional burger is perfect for a summer barbecue. The sauce is a must and if you want a bun, go for a multi-grain one.

1. Burgers: Combine the ground beef, egg, dried basil and oregano, bread crumbs, ketchup, garlic, onion and feta in a large bowl and shape into 4 burger patties. Grill or sauté in a pan lightly coated with cooking spray. Cook on 1 side for 7 minutes, then turn over and cook 3 to 5 more minutes or just until beef is done.

2. Combine all the sauce ingredients in a food processor and purée until smooth.

3. Serve the burgers with the sauce and garnish with fresh basil or parsley. ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

Ingredients

Burgers
- 1 lb extra-lean ground beef
- 1 egg
- 1 tsp dried basil
- 1/2 tsp dried oregano
- 3 tbsp seasoned dry bread crumbs
- 3 tbsp ketchup
- 2 tsp finely chopped garlic
- 1/4 cup finely chopped onion
- 1/4 cup crumbled feta cheese

Sauce
- 1/4 cup crumbled feta cheese
- 1/4 cup light cream cheese, softened
- 3 tbsp low-fat plain yogurt (or sour cream)
- 1/2 tsp finely chopped garlic
- 1 tbsp lemon juice
- 1 tbsp water
- 1/2 tsp dried basil
- 3 tbsp chopped fresh basil or parsley (for garnish)

Healthy eating

Choose it and lose it

ROSE REISMAN
for more, visit
rosereisman.com

Everyone loves heading to Dairy Queen for sweet treats. Believe it or not, some are actually healthier than others.

Dairy Queen hot fudge shake (med)

770 calories/ 29 g fat/ 21 g sat fat/ 96 g sugar

The word "shake" always means you should watch out. Ice cream and excess chocolate sauce gives you half your day's calories and two days' worth of sugar.

Equivalent

One medium Dairy Queen hot fudge sundae is equal to 22 pieces of bacon-wrapped scallops from M&M Meatshop in calories.

Dairy Queen hot fudge sundae (med)

447 calories/ 15 g fat/ 10 g sat fat/ 57 g sugar

The sundae consists of vanilla soft serve with sauce. Try a small or ask for less sauce to make a difference.

Apple Phyllo Cigars. Use fave Greek dough for treat

1. In bowl, stir sugar, cinnamon and nutmeg. In skillet over medium heat, toss apples with 1 tbsp of sugar mix and salt. Sauté until tender, 4 mins.

2. In cup, mix lemon juice, water and cornstarch. Stir into apples and cook for 30 seconds. Remove and allow to cool.

3. To assemble cigars: Heat oven to 400 F. Coat baking sheet with cooking spray. Evenly stack 4 sheets of phyllo dough. With paring knife, slice stack in half lengthwise. Remove one half sheet from stack. Cover rest with plastic wrap, then damp kitchen towel.

4. Spoon 1 tbsp of apple filling across one of the short ends of phyllo dough. Spritz dough lightly with cooking spray and sprinkle lightly with about 1/2 tsp of reserved spiced sugar.

5. Starting with apple end, roll up pastry sheet to create log with apples in middle. Place cigar on baking sheet, with loose end down. Repeat with remaining apple filling, sugar mixture and pastry sheets.

6. Spray tops of cigars lightly with cooking spray and sprinkle with a bit more of the sugar. Bake 15 mins., or until golden. Serve warm. THE ASSOCIATED PRESS

Ingredients

- 1/4 cup sugar
- 1/2 tsp cinnamon
- 1/4 tsp ground nutmeg
- 2 Gala apples, peeled, cored and diced
- Small pinch salt
- 1 tsp lemon juice
- 1 tsp water
- 1 tsp cornstarch
- 4 sheets phyllo dough
- Cooking spray

Herbed Greek Lamb Kebabs grab barbecue spotlight — opa!

While everyone on the block is doing burgers and dogs, steaks and chops, set yourself apart this summer and grill up something a little bit different.

Lamb kebabs are inexpensive, yet delicious and richly flavoured meat that's perfect for the grill.

To make these kebabs shine, go with a yogurt marinade using classic Greek flavours. The result is a tender, robust kebab with bold, yet fresh flavours.

Even better is that these kebabs can be prepped a full day ahead. The longer the meat bathes in the yogurt sauce, the better the flavour.

1. In a large bowl, mix together the yogurt, garlic, lemon zest and juice, oregano, chives, salt and pepper. Pour half of the yogurt sauce into a bowl, cover and refrigerate. Add the lamb meat to the remaining yogurt sauce in the bowl and mix to coat well. Refrigerate for at least 1 hour and up to 24.

2. When ready to cook, heat the grill to medium-high. Using an oil-soaked paper towel held with tongs, oil the grill grates.

3. Remove the lamb from the yogurt sauce. Thread the meat onto skewers, alternating with chunks of green bell pepper. Grill the kebabs for 5 minutes per side, turning to cook evenly.

4. Serve the kebabs sprinkled with chopped fresh herbs and lemon wedges for squeezing over them. Serve with the reserved yogurt sauce.

THE ASSOCIATED PRESS

Ingredients

- 2 cups plain low-fat Greek yogurt
- 4 to 5 cloves garlic, minced
- Zest and juice of 1 lemon
- 2 tbsp chopped fresh oregano
- 1 tbsp chopped fresh chives
- 1 tsp salt
- 1/2 tsp ground black pepper
- 2 lbs lamb loin, cut into 2-inch chunks
- 2 green bell peppers, cored and cut into large chunks

To serve:
- 1/4 cup chopped fresh herbs, such as oregano, parsley, chives and thyme
- 1 lemon, cut into wedges

This recipe serves six. MATTHEW MEAD/ THE ASSOCIATED PRESS

Be happier, healthier and stress free — take a walk. ISTOCK PHOTOS

It's healthy to walk to school

Reduce your footprint. Canada Walks is raising awareness about the benefits of active transportation

BEN KNIGHT
green@metronews.ca

Walking to school is simple, healthy and fun. And a large number of Canadian kids never do it.

"Unlike other countries, Canada hasn't paid much attention to the issues that people have when they travel on foot," says Jacky Kennedy, director of Canada Walks. "At some point in our day, everybody does it, but it's the most under-represented, ignored mode of transportation."

Canada Walks — part of the umbrella organization Green Communities Canada — is trying to raise awareness of the benefits of active transportation — walking, cycling and rollerblading. They're trying to reach the parents of the 41 per cent of children who are routinely driven to school.

"Pretty much what our society has done, over the last 30 years, is we've engineered physical activity out of our children's lives," Kennedy explains.

"Our program targets the 68 per cent of Canadian children who live within a reasonable walking distance of their schools — about one-and-a-half kilometres. Only about 30 per cent of those currently use active travel to get to and from school."

There are a lot of reasons why this is. Parents worry about the safety of their kids, and there's a compelling level of convenience to just dropping your children off at school, and driving on to the rest of your day.

By the numbers

68%

Number of Canadian kids who live within walking or biking distance from their schools. Two-thirds of them now get driven to school.

Kennedy counters that this caution and ease has its consequences.

"Children need a minimum of 90 minutes of physical activity a day, and we know that many children aren't getting that. If they walk to school, there isn't a problem with burning off their excess energy."

Canada Walks does detailed assessments of the community surrounding a school. Are the walking and biking routes safe? If so, they organize programs like the Walking School Bus, where groups of children walk home together, accompanied by adults.

Another program is Walk on Wednesday, where as many children as possible are asked to walk to school on the same day. With repetition, parents begin to see the health benefits — and it's hard not to notice a substantial drop in car traffic around their school.

"Parents and kids who are using active transportation some of the time are happier, they're less stressed, they feel healthier and the kids are doing better in school," Kennedy notes.

For more info, visit saferoutestoschool.ca.

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Queen of Green

Circling the drain issues with cleaners

QUEEN OF GREEN
Lindsay Coulter
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How can I unclog a drain without using toxic chemicals?
Christine of London, Ont.
Chemical drain cleaners are some of the most toxic household cleaning supplies lurking under your kitchen sink.

It's best to avoid them.

Many drain openers contain sodium hydroxide (also known as lye and caustic soda). It's highly corrosive, can burn eyes, skin and lungs and is a respiratory irritant. Long-term exposure in the air may lead to ulceration of the nasal passages and chronic skin irritation.

Prevention is the key to keeping your drains clear. Use a drain basket or screen to keep hair and food scraps out.

It's a quick and cheap solution since 99 per cent of the time your drain is clogged with these pesky organics (often well coated in soap scum).

And, never pour grease down the drain. It will coat your pipes and you'll regret it. A plunger or snake is a simple mechanical solution, or try my simple home remedy with food-grade ingredients!

You'll need one cup of white vinegar, half a cup of baking soda and four cups of boiling hot water.

Step 1:
Sprinkle the baking soda down the drain.
Step 2:
Pour the vinegar down the drain and watch it fizz for five to 10 minutes.
Step 3:
Chase the first two ingredients with boiling water (careful not to burn yourself with the steam). This recipe will work best when used regularly, say monthly, and once you've removed any large bits of debris from your kitchen or bathroom sink manually.

And beware of sodium hydroxide in other cleaner products like oven cleaners, bathroom cleaners, disinfectants and toilet-bowl cleaners. Make my simple green cleaning recipes instead, which you can find at queenofgreen.ca.

We can (have it all), but we still have to make all these changes: Author

A female fallacy? Author Anne-Marie Slaughter responds to the 1.2 million readers of her controversial article about women and work-life balance

MICHELLE CASTILLO
Metro World News

By many standards, Anne-Marie Slaughter — professor of politics and international affairs at Princeton University, former dean of Princeton's Woodrow Wilson School of Public and International Affairs and former director of policy planning for the U.S. State Department — has had it all. So, when she wrote an article in The Atlantic explaining how women can't have it all, it sparked a discourse on both sides of the debate.

More than 1.2 million people have come to The Atlantic to read Slaughter's piece, which has more than 2,000 comments and over 173,000 Facebook likes — making it the most read piece on The Atlantic site, and on track to be the most read ever.

Metro World News spoke to Slaughter about what she wished she clarified in the piece and how other generations might have interpreted the piece in different ways.

As a 25-year-old young professional who wants to have a career, I was intrigued by your article, and I know that a lot of people my age were as well. I noticed that you mentioned that you set it up in the wrong framework in a chat you had later on The Atlantic. Can you explain that a little bit more?
As I keep telling people, this is in part a generational thing. My generation having it all meant, my mother's generation had no option to work. My mother wanted to go to medical school, and she was told, "You're going to get married." That was pretty common.

My generation suddenly had options. We could go to law school and med school, and we could have the careers our mothers could not have, and we could have those careers and you could still have a family. And, that's what having it all meant.

Anne-Marie Slaughter, author of Why Women Still Can't Have it All. GETTY IMAGES

So when I sent my article around to people of my generation as well as younger women, many of them wrote back and said, "Look your message is women can't have it all — yet." In other words, we can, but we still have to make all these changes.

That's the message I was trying to drive home, which is you can have the same choices that men do. You make those choices that men do, that's fine, but we need to make the following choices.

And for people my age?
What I see is for another generation, and maybe two more generations after me — Gen X and Gen Y at least — you hear that very differently, right?

You don't understand where it comes from. You can't imagine a world where women had no options. So to you it sounds like — you know, I think Rebecca (Traister of Salon) was right — it sounds picky, it sounds particularly bad to talk about having it all when so many Americans are in danger of what they have at all. They have much less.

So I think the framework needs to change, but what I said this morning, what I've said in tweets and interviews is that it's not that easy to talk about it. Yes, it's work-life balance, but it's still an issue that affects women more than men.

I thought the way to go about having it all is to work as hard as you can, have as much as a career as you can until you reach your late 30s when you can decide to have children and then try to resume your career again when our children are 8, 9 or 10?
You can't wait until your late 30s to have kids. You just don't want to go through what my generation went through.

I can't tell you everything women have written to me after the article to explain that you know that they got to where I got and wanted to have kids.

You take a look at what happens after you're 35 to your fertility. For women like me, who miraculously through IVF (in-vitro fertilization) managed to have my first child and my pregnancy came pretty quickly, but there are women who didn't.

Even if you can, if there is any way to avoid it, you don't want to be there, you don't want to be having to go through and all the shots and technology and feeling pretty desperate at that point. It's hard to explain to a 25-year-old what a 35-year-old biological clock feels like, but it's real.

He's restoring lives one block at a time

Home is where his heart is. Richard Walls has used his designing expertise to do good in his 'hood

THE IN-CREDIBILITY FACTOR
Teresa Kruze
life@metronews.ca

Richard Walls is a visionary entrepreneur who wears his heart on his sleeve.

He's also revitalizing Winnipeg's downtown, one old building at a time, while he gives people who are suffering on the street a new lease on life.

Walls enjoyed a tremendous career as a designer in the hospitality industry.

He also took the lead in restoring Winnipeg's warehouse district and along the way he turned an old hotel on Main Street into 40 rooms of safe and dry housing.

"We took the main floor room and turned it into a drop-in centre for people on the street to come in and get involved in arts and crafts. We found vast majority have mental health issues and are in recovery from drug and alcohol issues. We work with them to give them a more complete life. I never thought I'd become a social worker and a designer but my work is more rewarding to me than getting a big cheque at the end of the day. It's not about making money it's about making a difference in life."

Richard Walls, designer and entrepreneur. PROVIDED

Kindness over cash

"I never thought I'd become a social worker and a designer but my work is more rewarding to me than getting a big cheque at the end of the day."
Richard Walls

Secrets of success

Richard Wall's business tips

- There's nothing better than the apprenticeship model. Start small and get to know the business.
- Understand the people that work with you and deliver your ideas. Rather than be an expert, get your hands dirty and walk a mile in their shoes.
- Have honesty and integrity and remember that it's not about making a quick buck.
- Make sure you can add value to anything you get involved with.

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SPORTS

Endurance

Canadians out front at triathlon

Canadian triathletes bullied the Edmonton triathlon on Sunday, claiming gold and silver in both the men's and women's races. Vancouver's Lauren Campbell and Sarah-Anne Brault of Levis, Que., earned the top spots in the women's race at the ITU Triathlon World Cup, with Bermuda's Flora Duffy taking bronze to prevent a Canuck podium sweep. On the men's side, Kyle Jones of Hamilton, Ont. picked up his first World Cup win while Alexander Hinton of Kingston, Ont. took silver. American Jarrod Shoemaker rounded out the podium.

THE CANADIAN PRESS

Mobile news

Heading into Major League Baseball's All-Star break, the Philadelphia Phillies may need more than four days to recover from a dreadful first half. The five-time NL East champions have lost 10 of 11 games and are 13 games under .500 (37-50). And the losing is taking its toll on players and manager Charlie Manuel. Scan the code for the story.

Federer back on top

Tennis. Swiss equals Pete Sampras for Wimbledon titles and reclaims No. 1 in world rankings

A Grand Slam title drought did indeed end in Sunday's historic and riveting Wimbledon final, only it was Roger Federer's lengthy-for-him gap between trophies that came to a close, rather than Britain's 76-year wait for a homegrown men's champion.

Making sure everyone knows he is still as capable as ever of brilliance on a tennis court — particularly one made of grass, and with a roof overhead — Federer came back to beat Andy Murray 4-6, 7-5, 6-3, 6-4 indoors on Centre Court for a record-tying seventh championship at the All England Club.

"It feels nice," Federer said, clutching the gold trophy only Pete Sampras has held as many times in the modern era. "It's like it never left me."

The victory also increased Federer's record total to 17 major titles after being stuck on No. 16 for over two years, and clinched a return to the top of the ATP rankings, overtaking Novak Djokovic, after an absence of a little more than two years. Federer's 286th week at No. 1 ties Sampras for the most in history.

"He doesn't want to stop now. He knows he's going to continue to play well and try to break seven, and he could very well end up with eight or nine Wimbledons," Sampras said in a telephone interview. "I just think he's that much better than the other guys on grass, and he loves the court the way I loved that court. He's a great champion, a classy champion, and I'm really happy for him."

After a record seven consecutive Wimbledon finals from 2003-09, winning the first six, Federer lost in the quarterfinals in 2010 and 2011, then wasted two match points and a two-set lead against Djokovic in the U.S. Open semifinals last year, raising questions about whether he might be slipping.

"I really almost didn't try to picture myself with the trophy or try to think too far ahead, really," Federer said.

After losing in the semifinals each of the previous three years, Murray was the first British man to reach the final at Wimbledon since Bunny Austin in 1938, and was trying to become the hosts' first male title winner since Fred Perry in 1936.

Murray dropped to 0-4 in Grand Slam finals, three against Federer. Only one other man lost the first four major title matches of his career: Ivan Lendl, who is coaching Murray now.

While Lendl never did win Wimbledon, perhaps Murray can take solace from knowing his coach did end up with eight Grand Slam titles.

"I'm getting closer," Murray told the crowd afterward, his voice cracking and tears flowing.

THE ASSOCIATED PRESS

Women's tennis

Williams hopes for big things

Even at the age of 30, with a two-year gap since her last Grand Slam title and a long list of recent health problems, Serena Williams is hoping she's just getting started on something big.

Williams won her fifth Wimbledon title on Saturday — and 14th Grand Slam overall — to mark the culmination of an improbable comeback. With her health restored and her game back at its best, she's not planning on slowing down anytime soon.

"It's the beginning of a great phase," Williams said after beating Agnieszka Radwanska 6-1, 5-7, 6-2 on Centre Court.

Roger Federer celebrates match point against Andy Murray on Sunday at Wimbledon in England. JULIAN FINNEY/GETTY IMAGES

Hunter-Reay wins in Toronto

IIndyCar starter Thomas Hansing waves the checkered flag for winner Ryan Hunter-Reay, runner-up Charlie Kimball and third-place finisher Mike Conway at the Honda Indy in Toronto on Sunday. Hunter-Reay has now won three races in a row. FRANK GUNN/THE CANADIAN PRESS

Canadians victorious on the grass

Filip Peliwo made it a clean sweep for Canada in the junior singles finals at Wimbledon.

The 18-year-old from Vancouver beat Australia's Luke Saville 7-5, 6-4 on Sunday to win the boys' crown, a day after fellow Canuck Eugenie Bouchard won the girls' trophy.

The Westmount, Que., native also added the girls' doubles crown on Sunday as she and Taylor Townsend of the U.S. defeated Switzerland's Belinda Bencic and Croatia's Ana Konjuh 6-4, 6-3.

The wins gave Canada an unprecedented three titles at a Grand Slam event.

Filip Peliwo of Vancouver poses with the trophy Sunday at Wimbledon. THE ASSOCIATED PRESS

Bouchard's victory in the girls' final on Saturday marked the first time a Canadian has won a singles final at any level at a major.

Peliwo, who lost to Saville in the Australian Open boys' final in January, said he used Bouchard's victory in singles as inspiration.

"I wasn't jealous of her title, but it made me ever more hungry, I wanted to have the same feeling for myself and for Canada. I knew it would be a great achievement if we were both champions," said Peliwo, who also lost in the boys' final at the French Open. "The two previous finals that I lost were also a big inspirations, I didn't want to lose again but (I) was not letting it get to my head."

Peliwo recovered to win both sets against Saville, coming from 2-5 down in the opener. THE CANADIAN PRESS

Golf

Rookie gets first PGA Tour win

Rookie Ted Potter Jr. made a four-foot birdie putt on the third hole of a playoff with Troy Kelly on Sunday to win the Greenbrier Classic. It was the 218th-ranked player's first PGA Tour victory.

THE ASSOCIATED PRESS

Olympic soccer

Ryan Giggs to captain Britain

Manchester United midfielder Ryan Giggs was named captain of Britain's Olympic team on Sunday, with coach Stuart Pearce turning to David Beckham's former teammate after cutting the Los Angeles Galaxy star. THE ASSOCIATED PRESS

Ryan Giggs THE ASSOCIATED PRESS

Tour de France

Pinot rides away from the pack

Thibaut Pinot gave France its first stage victory in the Tour de France on Sunday while Bradley Wiggins of Britain kept the overall lead. At 22, the Frenchman is the youngest rider in the main pack.

THE ASSOCIATED PRESS

Formula 1

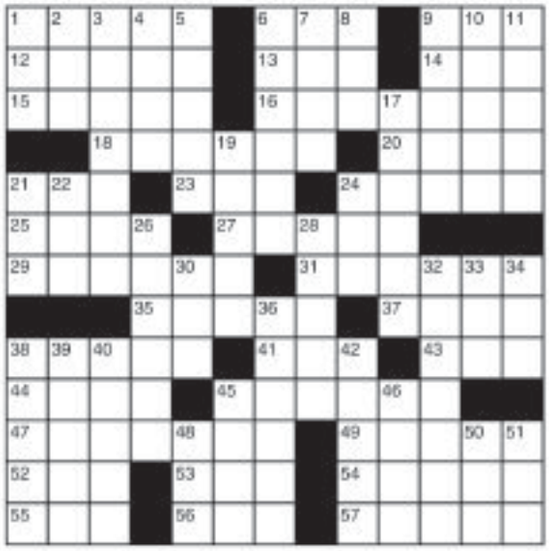
Webber makes late pass for win

Red Bull driver Mark Webber won the British Grand Prix on Sunday, overtaking Fernando Alonso late in the race to cut into his rival's lead in the Formula One championship.

THE ASSOCIATED PRESS

Across
1 Advice
6 Morse morsel
9 Mel of baseball lore
12 1960s jacket style
13 Rangers' play area
14 Spoon-bender Geller
15 Ermine
16 Eerie figure
18 Censors, in a way
20 Chills and fever
21 Robert Mueller's org.
23 Prior night
24 Dalmatian pattern
25 Outer garment
27 "He's — nowhere man"
29 Redeemed a check
31 Hebrew letters
35 Saxophonist's supply
37 "Scat!"
38 Biz bigwig
41 Insurrectionist, for short
43 Toss into the mix
44 Dogfight participants
45 Nab
47 PR event
49 Lessen
52 Started
53 Blackbird
54 Catcalls?
55 Before
56 Understanding
57 Group character

Down
1 Officeholders
2 Trawler equipment
3 Fears
4 Caspian feeder
5 Private student
6 Ladle
7 Pulitzer contemporary
8 Darjeeling, e.g.
9 Expenditure
10 Angler's prize
11 7-Down's paper
17 Campania's capital
19 Duck
21 Govt. agncy.
22 Feathery accessory
24 Frivolous one in an old song
26 Fencing move
28 Museum supporter
30 Conger
32 Old Egyptian ruler
33 Scuttle
34 Turf
36 Visit briefly
38 Syrup flavor
39 Earth tone
40 Crystal-lined rock
42 Point a finger at
45 Traffic pylon
46 Encourage evildoers
48 Squirrel's home
50 Teeter-totter quorum
51 Curvaceous character?



How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

			9					
		1		4		7		
		3	7				5	6
2		9			6			3
8								1
7			3			4		5
1	8				5	9		
		4		6		2		
					2			

Friday's Sudoku

4	3	9	5	1	2	6	8	7
6	2	5	8	3	7	4	9	1
1	7	8	9	4	6	3	5	2
8	9	7	3	5	1	2	4	6
5	1	4	6	2	8	7	3	9
2	6	3	4	7	9	5	1	8
7	5	1	2	8	4	9	6	3
9	4	2	1	6	3	8	7	5
3	8	6	7	9	5	1	2	4

Friday's Crossword

Cryptoquip

How to play
This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

EDVT P AYCVL-LBJBZ KA QLVPZVS ZDPZ CWBEA WPTS, EKWW KZ JV PT PYZBXPZVS ZKWWVL XPQDKTV?

Yesterday's Cryptoquip: IF A GROUP OF PERCUSSIONISTS WENT AROUND SWIPING THINGS, SHOULD IT BE CALLED A STEAL BAND?

Today's Cryptoquip Clue: K equals I

For today's crossword answers and for expanded horoscopes, go to metronews.ca

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Tuesday 32°/16° Mainly sunny
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Check the 14 day trend
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Horoscope

Aries | March 21 - April 20. There have been so many good times of late that today's events may seem a bit of a letdown. Don't worry

Taurus | April 21 - May 21. Try not to be guided by mob mentality today. Common sense will take you further.

Gemini | May 22 - June 20. There is something you have wanted to do for months, maybe years, but somehow never quite got around to starting. Act now

Cancer | June 21 - July 22. The more others insist that you need to shift your position the more you should insist on staying right where you are.

Leo | July 23 - Aug. 22. Adopt a wait and see attitude today and don't let others pressure you into making a snap decision.

Virgo | Aug. 23 - Sept. 22. You are on the right track and making considerable progress, so get rid of that gloomy outlook you picked up along the way and believe that wonderful things are going to happen in the very near future – and they will.

Libra | Sept. 23 - Oct. 22. You may not approve of what a friend or colleague is up to but what can you do about it?

Scorpio | Oct. 23 - Nov. 21. Don't give in to feelings of self-pity today because there is so much you can do to improve your life.

Sagittarius | Nov. 22 - Dec. 21. It would appear that someone is plotting behind the scenes and while you may not be their target you still need to take steps to protect yourself.

Capricorn | Dec. 22 - Jan 20. Is it too late to change the outcome of a situation that has been gaining momentum for quite some time?

Aquarius | Jan. 21 - Feb 18. There is no point trying to tell certain individuals where they are going wrong because they won't listen

Pisces | Feb. 19 - March 20. One of the most important things in life is that you are true to your own feelings, and if you don't feel it is right to help someone whose actions you disapprove of today then by all means turn away.

SALLY BROMPTON

Caption Contest

"Eat your heart out, Puss in Boots!"
Demetrios

APICHART WEERAWONG/ THE ASSOCIATED PRESS

Win!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

Sharability

There are better ways to make your voice heard
What's the point of making a statement, giving a speech or even talking if no one is listening?
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Metropolitan Panel is an online research panel dedicated to dialogue with you! When you participate, your voice joins thousands of others in 14 countries. Sign up for the panel at **metropolitanpanel.ca,** choose your country and join the global conversation!
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